

# Ready, Set, Walk!



**INShape**  
INDIANA  
INShapeIndiana.org

## Week 3: *Walking for Your Health*

### Health Benefits of Walking

Our bodies are designed to walk for good health. Regular brisk walking, just thirty minutes a day, can:

- lower cholesterol and blood pressure,
- strengthen your heart, and
- improve your circulation.

It also burns calories and helps with weight control - not to mention improving your mental outlook! Walking is a great activity for people of all ages and fitness levels. We often think that a vigorous workout at the gym is the only way to gain the health benefits of exercise, when all we really need to do is the thing that comes naturally - walk!

Week Three	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	15 minutes	25 minutes	20 minutes	15 minutes	25 minutes	20 minutes	25 minutes

### Eating for Peak Performance

Maximize performance at the Big Event by eating and drinking smart before, during and after the race.

#### **Before**

EAT a carbohydrate-rich light meal or snack on race morning to replenish liver glycogen and fuel your brain (mental energy to get through the race!).

Pre-exercise food boosts stamina and prevents low blood sugar, hunger pains and fatigue. The general pre-exercise rule of thumb is to allow 2 - 3 hours for a smaller meal, 1 - 2 hours for a liquid meal and less than an hour for a small snack.

Carbohydrate-rich meals include:

- cereal with milk and berries
- bagel with jelly and banana
- pancakes with syrup and 100% orange juice
- fruit and yogurt smoothie.



DRINK to hydrate adequately. About two hours before, drink at least 2 cups of fluid (**all** beverages hydrate). Fifteen minutes before, drink another 1-2 cups.

### **During**

STAY HYDRATED. About every 15 minutes, drink ½ to 1 cup of fluid. During events lasting 60 minutes or more, drinking a lightly sweetened carbohydrate drink (sports drink) may help prevent low blood sugar and enhance performance *plus* provide hydration. *Eating* a small carbohydrate-rich snack is fine, but you still must *drink* adequate fluids.

### **After**

Drink plenty of fluids immediately and replace muscle glycogen with carbohydrates: banana, orange, crackers, energy bars, sports drink or juice.

### **Race Day Tip**

Stick with familiar foods - race day is *not* the time to try new foods and beverages!

Visit [www.INShapeIndiana.org](http://www.INShapeIndiana.org) for more online advice from First Lady Cheri Daniels on the health benefits of walking!

